

The vision of the MDHC is to have a worksite wellness program in every workplace in the Mississippi Delta for the purpose of maximizing the health and productivity of every employee.

The goals of the worksite wellness initiative are:

1. To improve the health of all persons working in the Mississippi Delta.
2. To make healthy choices easy and accessible in the work place.
3. To identify and advance evidence-based worksite wellness programs and measure their impact.

Worksite Wellness Councils

In partnership with Delta Citizens Alliance in Greenville, the MDHC is establishing worksite wellness councils in each target county. The council is comprised of representatives from local businesses and industries. The purpose of each council is:

- To facilitate the establishment of worksite wellness committees at each worksite.
- To implement worksite wellness best-practices in a collaborative approach.
- To advance worksite wellness through advocacy, information and technical assistance and resource development.
- To develop and provide employer models for worksite wellness regardless of size.
- To support employer health care cost control efforts through effective health promotion.

Each council works to improve the health of employees by focusing on:

1. Physical Activity
2. Nutrition
3. Tobacco Prevention
4. Disease Management
 - Overweight/Obesity
 - Hypertension
5. Stress Management

Worksite Wellness Survey

The MDHC has developed and is administering a worksite wellness survey to assess the number and type of current worksite wellness programs in the Mississippi Delta. Recently, the survey was administered at the Delta Human Resource Managers Association's monthly meeting to human resource managers. Results are being compiled.

In collaboration with Delta Citizen's Alliance, the survey is being administered to worksites in the Mississippi Delta Region with at least 50 or more employers.